

# **MACOMB COUNTY HEALTH DEPARTMENT**

## **MUMPS INFORMATION SHEET**

### **What is mumps?**

Mumps is a mild illness caused by a virus.

### **Who can get mumps?**

Persons who have not had mumps (mostly people born after 1956) and who have not been given live mumps vaccine.

### **What are the symptoms?**

- swelling of the salivary glands (the parotid gland located at the angle of the jaw is particularly affected)
- fever
- headache
- general feeling of being ill

### **How long after exposure do symptoms first begin?**

Symptoms usually begin 14-28 days after exposure.

### **How is it spread?**

Mumps is spread through the air and by contact with the saliva of a person who has mumps.

### **How long is a person contagious?**

Persons with mumps are most contagious from 2 days before to 4 days after onset of illness.

### **Are there complications?**

Mumps can cause swelling of the testes in boys and swelling of the ovaries in girls. The swelling goes down after a few days and usually leaves no after-effects. In rare cases the swelling causes sterility. Mumps can also rarely cause meningitis (a swelling of the covering of the brain and spinal cord).

### **Is there treatment for mumps?**

You can help to ease the pain of swollen salivary glands by applying a warm compress to the swollen area. Rest at home is recommended for at least 4 days after illness onset.

### **How can mumps be prevented?**

Mumps can be prevented by vaccination. All healthy children should be vaccinated at 12-15 months of age with measles, mumps, rubella (MMR) vaccine. A second dose should be administered at 4-6 years of age.